



What's on the Menu?

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May-June 2016

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Menu Highlights – by Sarah Hamel, Framingham State University Student

Stay Healthy During the Summer!

Congratulations! The end of the school year is finally in sight and Summer is almost upon us! Summer is a time for fun and relaxation, but sometimes life gets so busy that being healthy gets put on the back burner. Here are a few simple tips to keep your family healthy during the Summer:

Eat Structured Meals

Although schedules can get hectic in the summer, it's important to continue to make healthy meals at home. Yes- of course it's okay to grab takeout, indulge at a cookout, or get an ice cream cone once in a while, but don't make a habit of it. Take some time out of life to sit down to dine and keep healthy eating fun! Find a local farmer's market and let your children pick out a new

fruit or vegetable, or plan a healthy picnic with your family. No one said eating healthy had to be boring!



Stay Hydrated

“If you’re thirsty, you’re already dehydrated.” Have you heard that saying before? People used to think that once you felt thirsty, the damage was done, but that’s a slight exaggeration. Thirst is the body’s way of telling us to drink more water, so drinking up when you’re thirsty is a fail-proof way to stay hydrated. Keep a refillable water bottle on hand and sip water all day long. Although drinking fluid is important - it’s more important to drink the right kinds of fluid. Water is the best thirst quencher, but if you don’t like plain water, try flavored

water, a low-sugar sports drink, or add fresh fruit to your water to make it tasty and refreshing! Avoid sugary beverages like juice and soda - they will make you even thirstier.

Turn off the TV

Although summer is a great time for activity, technology such as television, computers, gaming, and cell phones can be a huge barrier to being active. The American Academy of Pediatrics recommends no more than 2 hours screen-time per day for children.² Create a rule in your home to limit screen time, and more importantly, enforce the rule.



Be Active

Children need at least 60 minutes of physical activity each day, including both aerobic and muscle building activities.¹ Summer is the best time for children to be active because there are so many fun things to do! It’s best to let your children to decide what they would like to do – chances are, if they enjoy an activity they will be more likely to continue doing it. Some ideas:

swim, climb a mountain, jump rope, have a water balloon fight, ride bikes, have a scavenger hunt, build a sand castle. Get creative- the possibilities are endless

Nourish the Soul

While it is essential to keep our bodies healthy, it’s also necessary to do some good for our souls. Volunteer, try a new activity, explore nature, start a garden, camp in the backyard have a campfire, stargaze or watch the clouds go by. After all, it’s the little things in life that bring us the most happiness! Have a fun, happy, and healthy summer – See you in September!

References:

1. Youth Physical Activity Guidelines Toolkit. The Centers for Disease Control and Prevention. <http://www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm>. Last updated March 2014. Accessed March 1, 2015.
 2. Children, Adolescents, and the Media. *Pediatrics*. 2013;132(5):958-961.
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SPECIAL PROMOTIONS

Beal, Spring and Paton Schools Promotion

Buy 1 sheet of Tickets for \$60.00 and save \$5.00 during the months of May and June 2016. Please send a check to: Food Service Department C/O High School, 64 Holden Street, Shrewsbury, MA 01545. Please include a self-addressed stamped envelope. Tickets have no expiration date. Promotion valid for ticket purchases received May 1, 2016 - June 15, 2016.

Coolidge, Floral, Oak /Sherwood Middle and High School Schools Promotion

For every \$60.00 put on your student's Meal Magic account an additional \$5.00 will be credited. The promotion can only be processed at the Food Service Department Office. They cannot be processed at the cafeterias or on line. Please send a check to: Food Service Department C/O High School, 64 Holden Street, Shrewsbury, MA 01545. Please note the student's name whose account you want credited on the memo line of your check. Promotion valid May 1, 2016 - June 15, 2016.

**No refunds will be issued on past purchases that missed promotions for meal purchases. Promotions are available for the specified dates only. Promotions are not available after the published expiration date.*

Beal, Spring and Paton School Drawing

Please have your child write his or her first name, middle initial and last name on their lunch tickets. All tickets tendered during May and June 2016 will be entered in a drawing to be held in June 2016. Winners will be selected from each of the Elementary Schools. Prizes include: Movies, iTunes, and Texas Roadhouse gift cards, and Books of Elementary Prepaid Meal Tickets - \$65.00 value.

Coolidge, Floral, Middle and High School Drawing

Winners will be randomly selected from those students who put money on their Meal Magic POS account from May and June 2016. Prizes include: Movies, iTunes, and Texas Roadhouse gift cards Meal Magic POS account credits of \$65.00.

Drawing Winners March and April 2016:

\$25.00 Panera Gift Cards: HS - Erin Donovan, Sherwood - Nicole Karadimitriou, Oak - Ricardo Coronado, Beal - Macie Keller, Spring - Alicia Kim , Floral - Tyler Boehnke, Paton - Calvin Hawkins, Coolidge - Vanessa Fobid

\$25.00 Uno Gift Cards: HS - Douglas Alward, Sherwood - Sophie Chin , Oak - Jackson Andrews, Beal - Connor Lum , Spring - Christophe D'Anttlio , Floral - Ved Amin, Paton - McKenna Halloran , Coolidge - Benjamin Li

\$25.00 Amazon Gift Cards: HS - Sybil Kennedy, Sherwood - Edmund Naras, Oak - Jack Davis , Beal - Alayna Reddick, Spring - Eric Hoover, Floral - Patrick Kane, Paton - Bryson Haley, Coolidge - Isabella Nguyen

Elementary Ticket Books (\$65.00 Value): Beal - Diana Harasim, Spring - Campbell Slicer, Paton - Bill Meyer

Lunch Credit to POS (\$65.00 Value): HS - Ryan Lott, Sherwood - Nancy Tian, Oak - Maxfield Evers, Floral - MacKenna Krieser and Coolidge - Rushil Patel

NEWS

School Nutrition Manager of the Year

Congratulations to Coolidge's own Charlene Campbell

Congratulations to Coolidge's Food Service Manager Charlene Campbell for being awarded the School Nutrition Association of Massachusetts manager of the year award. She was selected the best out of all Massachusetts towns. Yahoo! We have the Best in the state. Of course, all of us at Coolidge know how wonderful Mrs. Campbell is - now the rest of the State knows!!

Taken from "GREETINGS FROM COOLIDGE SCHOOL", March 14, 2016 -
<http://schools.shrewsbury.ma.gov/coolidge>

Meal Magic Point of Sale System



The Food Service Department will be implementing a new, computerized point-of-sale system in the Coolidge Elementary Cafeteria - Tuesday, May 17, 2016.

This system is currently being used at the Floral Elementary, Middle and High School Cafeterias. This system, *Meal Magic*, offers many features:

- ▶Creates an individual account for each student accessible with their student identification number
- ▶Allows students to pre-pay for lunch and snacks eliminating the need for cash
- ▶Eliminates the prepaid ticket system for students on free, reduced price or full pay lunches

ALL STUDENTS WILL BE REQUIRED TO ENTER THEIR STUDENT IDENTIFICATION NUMBER WHEN MAKING ANY PURCHASES REGARDLESS IF THEY ARE FULL PAY OR FREE/REDUCED ELIGIBLE.

March Madness Celtics Promotion at the High School



High School Cafeteria decorated for March Madness



Kelsey Halpin - Framingham State University Intern with Maureen Monopoli - High School Vice Principal, drawing names for March Madness Prizes.



High School Students: Alena Durkee and Catherine Chung first of three drawing winners of: an Official NBA Bag, two Sky Box Celtic Games Seats, a \$100 American Express Gift Card, two NBA Celtics Shirts, two Celtic Hats, an NBA Basketball and Body Armor Sport Drinks

Prizes - Provided by Body Armor Sports Drinks

Free and Reduced Breakfast/Lunch Applications

Free and reduced price meals are available to students if there is financial need. Applications for the 2013-2014 school year are available all year and can be submitted at any time there is a financial need. Applications are available on line at the Food Service web site. If you need an application at any time during the year call the Food Service Office at 508-841-8819 and one will be mailed to you. Eligibility is governed by guidelines set by the Department of Education. A written notification will be sent to all families stating what program they qualify for.

****Click here for New Electronic Version- Faster Approval, More Accurate Free and Reduced Application form:** <https://www.lunchapp.com/>

A new application must be filled out each new school year. Applications for the 2015-2016 school year can be submitted after August 1, 2015 but not before.

Each school has a manager also available to speak with you. The numbers are as follows:

Beal	841-8874	Elizabeth Conway	econway@shrewsbury.k12.ma.us
Coolidge	841-8889	Charlene Campbell	ccampbell@shrewsbury.k12.ma.us
Floral St	841-8723	Sheila Tomaiolo	stomaiolo@shrewsbury.k12.ma.us
Paton	841-8635	Patti Saniuk	psaniuk@shrewsbury.k12.ma.us
Spring Street	841-8708	Michelle Kehow	mkehoe@shrewsbury.k12.ma.us
Sherwood	841-8681	Sandy Litchfield	slitchfield@shrewsbury.k12.ma.us
Oak	841-1217	Lisa Phipp	lphipps@shrewsbury.k12.ma.us
High School	841-8848	Mary Ricker	mricker@shrewsbury.k12.ma.us